



## ON THE WAY TO MASS NEXT

### SUNDAY

Something special happened to Jesus on the mountain while he was praying, listen to hear what it was.

## ON THE WAY TO MASS TODAY

How many days was Jesus in the desert?

## ON THE WAY HOME FROM MASS TODAY

Jesus was in the desert for 40 days, praying and fasting. This is one of the reasons that Lent is 40 days long.

## DURING THE WEEK

The 3 traditional practices we emphasize during Lent are prayer, fasting, and almsgiving. Try to do some of each of these good practices during Lent. At each Sunday Mass we also do all three of these: We Pray (the prayers of the Mass), We Fast (before receiving Holy Communion), and We Give Alms (at the collection).

## CATECHISM OF THE CATHOLIC CHURCH

**290. Why does the Church command us to fast and to abstain?** The Church commands us to fast and to abstain in order that we may control the desires of the flesh, raise our minds more freely to God, and make satisfaction for sin. *But thou, when thou dost fast, anoint thy head, wash thy face, so that thou mayest not be seen fasting by men, but by the Father, who is in secret; and thy Father, who sees in secret, will reward thee.* (Matthew 6:18)

**291. Why does the Church make Fridays of Lent days of abstinence?** The Church makes Fridays of Lent days of abstinence in order that we may do penance for our sins, and also in order that we may prepare ourselves more worthily for Good Friday, when we commemorate the death of Jesus Christ.

